

When trapped in a moral dilemma, it's choosing the ethical choice over the lawful one. It's defining your principles and sticking to them, no matter what. We all have a set of rules in our heads that we follow based on what we think is right. We all have lines that we draw to keep ourselves in check. But too often, we break rules and cross lines in order to dance to the tunes of others.

Good trouble is a right choice, and a circumstance. In America we have the right to speak our minds, but we also have the choice to use that right. We will only have to make that choice is the circumstance requires it. America has counted on good trouble to get to where it is today. It has brought about most change in our country. In 1920 women got the right to vote thanks to the Nineteenth Amendment. If it weren't for all the protests and rallies and brave people who stood up for what they believed in, that may not have happened.

In the U.S Constitution, the First Amendment is freedom of speech. It gives us the right to protest laws we feel are unjust, and the right to speak up for ourselves. Good trouble is making good use of this right and speaking out when the necessity arises. Good trouble is also not abusing this right and doing whatever you want. But oftentimes people get caught up in the moment and escalate into violent mobs. When peaceful protests turn into riots, the "Good" part of "Good Trouble" is lost.

Life is full of choices and sometimes there is not right or wrong one. We make about thirty-five thousand decisions per day, so making a choice is nothing new, but how do we know when to choose good trouble? Follow your instinct, think about things others may not, and heed your conscience when it tells you something doesn't feel right. That doesn't mean you can break any rules you don't feel like following. But there are times where you should not just go along with everything. Times when what you are doing feels wrong. These are the times when you should fight back.

Our lives are shaped by luck, risk, and circumstance. The last one especially determines every decision we will ever make. Good trouble is a situation we willingly put ourselves in, seeking change. But you can only change what needs to be changed, which means you shouldn't go out looking for disorder. Good trouble only exists because circumstance has demanded it.

We all have thought in our heads that something is unfair or unreasonable. But the question you must ask yourself is, "What have I done to change that?" It's easy to think something inside your head, but it takes courage to actually do something about it. People like Rosa Parks and Martin Luther King Jr. were people who were willing to sacrifice a lot for what they believed in. But their efforts paid off when segregation was outlawed in the United States. Good trouble fits into our daily lives but it also fits into activism. Like anything, good trouble has a spectrum and you must ask yourself where're you fall on it. The bigger the action, the more drastic the results. The more effort you put in, the more change you will see.

Sometimes there are moments when your conscience seems to launch into a civil war. Good trouble is where the two sides find common ground. It is the compromise between the devil and the angel. Good trouble is knowing when to jump fences and duck under barriers. But it's also knowing when not to. "Be the change you wish to see in the world," is a popular quote that fits right in with the meaning of good trouble today. The question isn't "what's wrong?" it's "What are you doing to fix it?"

HONORING JEFF OLSON AS IOWAN OF THE WEEK

HON. CYNTHIA AXNE

OF IOWA

IN THE HOUSE OF REPRESENTATIVES

Monday, June 14, 2021

Mrs. AXNE. Madam Speaker, I rise today to honor Jeff Olson, a community pharmacist at Montross Pharmacy, as this week's Iowan of the Week. Since 1995, Jeff has been the owner and operator of Montross Pharmacy in Winterset, Iowa, which this year is celebrating its 100th anniversary.

If you were to ask Jeff what it means to be a community pharmacist, he'd emphasize one word: community. Every day, Jeff works to make sure nobody goes without the care they need—whether that means fielding questions at the pharmacy counter, delivering prescriptions at home, or supporting local health as president of the Madison County Health Trust. Community pharmacies like Montross Pharmacy are mainstays and integral parts of the health care system in our small towns.

When COVID-19 forced us to adapt to different daily routines, Jeff and his staff at Montross Pharmacy redoubled their commitment to serving Winterset. They knew the pandemic presented a once-in-a-lifetime challenge, but they resolved to get through it together. Together, Montross Pharmacy kept its doors open, providing continued access to pharmacy services for residents in a safe setting. Jeff and his staff were on call 24/7. And, trust me, if there were more than 24 hours in a day to give, they'd have been there.

They also quickly added new services for the community, including thousands of COVID-19 tests and vaccinations. It wasn't always easy. When faced with a vaccine shortage, Jeff took it upon himself to drive six hours to secure more doses for his friends and neighbors. His hard work did not go unnoticed. In fact, one resident—an older woman who had been homebound during the pandemic—exclaimed to Jeff that the vaccine he administered was "the best gift she could receive."

Jeff and his family have made a lasting mark on Winterset. Decades ago, Jeff's grandfather left his mark by welding on the cupola of the Madison County Courthouse.

Today, Jeff is leaving a different kind of mark. In each COVID-19 vaccination he delivers, Jeff sees the things that make Winterset his home—a summer day enjoyed at the pool, a youth sports game, and his kids laughing over lunch with friends.

Jeff's selflessness is truly infectious, and I know that Winterset will see the impact of his hard work for years to come. I am sincerely grateful for Jeff's commitment to his family, friends, and neighbors, and it is my honor to recognize Jeff Olson as Iowan of the Week.

CONGRATULATING NADIA SIDDIQUI ON BEING AWARDED THE HUSKY 100

HON. JAIME HERRERA BEUTLER

OF WASHINGTON

IN THE HOUSE OF REPRESENTATIVES

Monday, June 14, 2021

Ms. HERRERA BEUTLER. Madam Speaker, I rise today to recognize and congratulate

Nadia Siddiqui, from Vancouver, Washington for being awarded the Husky 100 from the University of Washington.

The University of Washington Husky 100 program recognizes 100 undergraduate and graduate students from all campuses and all areas of study who are making the most of their time at the university. Recipients of the Husky 100 are successfully connecting what happens inside the classroom to the outside, helping make a difference on campus, in their communities, and in the future—and Nadia is no exception.

Nadia recently received her Bachelor of Science in Bioengineering with a minor in Bioethics from the University of Washington. Nadia hopes to use bioengineering and bioethics to expand health care access through policymaking and outreach. Her activities on campus and goals for her future are exactly why Nadia was given this recognition.

Once again, I want to congratulate Nadia on receiving this honor and I wish her the best of luck in her future endeavors.

HONORING QUITMAN COUNTY
SCHOOL DISTRICT SUPER-
INTENDENT DR. EVELYN
WILKERSON JOSSELL

HON. BENNIE G. THOMPSON

OF MISSISSIPPI

IN THE HOUSE OF REPRESENTATIVES

Monday, June 14, 2021

Mr. THOMPSON of Mississippi. Madam Speaker, I rise today to honor remarkable public servant, Dr. Evelyn W. Jossell.

Raised in Dublin and Clarksdale (Coahoma County) Mississippi, Dr. Jossell, born on September 4, 1958, is the sixth child of the late John and Annie Wilkerson. Dr. Jossell credits her passion for serving and working with people to her humble beginnings on a small farm in Dublin, Mississippi, where she was taught early to share and treat everyone as she desired to be treated.

Dr. Jossell attended and graduated as Salutatorian of Coahoma Agricultural High School in Coahoma County (1976). Next, she attended Coahoma Junior College where she graduated with an AS. Degree in General Business (1980). After completing her studies at Coahoma, Dr. Jossell attended Mississippi Valley State University where she graduated Magna Cum Laude in 1980, with a B.S. in Business Administration. At the age of 21, Dr. Jossell worked a short while at the Mississippi State Penitentiary and was later hired as a Social Worker with the Coahoma County Department of Human Services. Dr. Jossell worked as a Child Protective Social Worker with the Coahoma County Department of Human Services for 12 years. This profession revealed the abject neglect and abuse many young people are subjected to, even before they stepped out of their homes to enter a school building. With a desire to use her skills to change the trajectory of high-risk youth, Dr. Jossell attended the University of Mississippi and obtained a master's degree in Counseling (1990). She was hired the same year by Youth Opportunities Unlimited (YOU), a newly funded federal program operating under the auspices of Coahoma Community College. This program offered a second chance opportunity for pregnant and parenting teens and